

Unearthing the Buried City

The Janet Translation Project

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This document is part of *Unearthing the Buried City: The Janet Translation Project*, a series of AI-assisted English translations of Pierre Janet's works.

In his seminal 1970 book: *The Discovery of the Unconscious: The History and Evolution of Dynamic Psychiatry*, Henri Ellenberger wrote:

Thus, Janet's work can be compared to a vast city buried beneath ashes, like Pompeii. The fate of any buried city is uncertain. It may remain buried forever. It may remain concealed while being plundered by marauders. But it may also perhaps be unearthed some day and brought back to life (p. 409).

This project takes Ellenberger's metaphor seriously — and literally. The goal of this work is to unearth the buried city of Janet's writings and make them accessible to the English-speaking world, where much of his legacy remains obscured or misunderstood.

Pierre Janet was a pioneer of dynamic psychology, psychopathology, hypnosis, and dissociation. His influence on Freud, Jung, and the broader psychotherapeutic tradition is profound, yet the bulk of his original writings remain untranslated or scattered in partial form. These AI-assisted translations aim to fill that gap — provisionally — by making Janet's works readable and searchable in English for the first time.

This is not an academic translation, nor does it claim to replace one. It is a faithful, literal rendering produced with the aid of AI language tools such as Chat GPT and DeepL and lightly edited for clarity. Its purpose is preservation, accessibility, and revival. By bringing these texts to light, I hope to:

- Preserve Janet's contributions in a readable English form
- Spark renewed interest among scholars, clinicians, and students
- Inspire human translators to produce definitive, academically rigorous editions

Second Note on Sleep Induced at a Distance and Mental Suggestion During the Somnambulistic State¹

Pierre Janet

Presented to the *Society of Physiological Psychology*, May 31, 1886 — Session presided by Dr. Charcot

The attention that the Society of Physiological Psychology has kindly granted to the observations of somnambulism that Dr. Gibert and I have presented to it, the courtesy with which Messrs. Richet, Beaunis, and Héricourt responded to our request and communicated observations of the same kind, obliged us to once again verify the same facts and to report our new experiments to the Society.

These new investigations focused especially on sleep induced at a distance, for this fact is of the greatest importance and seems rather easy to verify. As I wished to assure myself of the reality of this phenomenon, I sought to produce it myself on several occasions and with all possible precision, and it is on the account of these experiments that we will insist first.

Madame B. had been back in Le Havre since February 10; she had remained in very good health and had not experienced any nervous incidents since her last trip. Only once had she felt unwell, she said, and under the following circumstances. A person from the town where she was staying, who used to put her to sleep very easily in the past, had attempted once again to induce magnetic sleep in her. This person tried repeatedly, making every effort for three consecutive hours, and was unable to put her to sleep. Madame B., following this attempt, had a severe migraine and was indisposed for several days; moreover, she did not understand what had happened; she naïvely believed that no one could put her to sleep anymore and that we ourselves would no longer be able to succeed. However, we had no concern in this regard, for we remembered that on the eve of her departure from Le Havre, during the last somnambulistic session on October 14, Mr. Gibert had forbidden her to be put to sleep by anyone outside of Le Havre. The suggestion had been made mentally, that is to say, Mr. Gibert had merely thought this command while bringing his forehead close to that of the somnambulist. However, I cannot report this fact as a precise example of mental suggestion, for I am not certain that we did not discuss in front of her, during her sleep, the possibility of such a suggestion. In any case, it is clear that it had succeeded perfectly for four months. As soon as Madame B. was with us, without explaining anything to her, Mr. Gibert pressed her hand as before and she fell asleep within two minutes; I myself put her to sleep the next day with the greatest ease in a few minutes.

I often attempted, by putting this woman to sleep myself, to acquire a sort of influence great enough to be able to attempt, with some chance of success, the

¹ Janet, Pierre. "Deuxième note sur le sommeil provoqué à distance et la suggestion mentale pendant l'état somnambulique." *Bulletin de la Société de Psychologie Physiologique*, ii, (1886), pp. 70-80. Reproduced in *Revue Philosophique*, xxiii (1886), II, pp. 212-223.

command of sleep at a distance. During the first sessions, I therefore put Madame B. to sleep by holding her hand or her thumb, without trying any other methods. Once the hypnotic state was produced, I studied and analyzed it in order to distinguish, as much as possible, its characteristics and phases, and it is the summary of this work that Mr. Ch. Richet kindly agreed to publish in the *Revue Scientifique*². After a few days, I succeeded in producing sleep much more quickly. Formerly, it took me three to four minutes, and sometimes more, to put Madame B. to sleep; now I was producing sleep in less than half a minute. It was also no longer necessary to focus one's thought on the command to sleep in order to put Madame B. to sleep; the physical action exerted on her hypnogenic point on the thumb replaced any other influence. The mental command still retained its importance when the subject was not being touched—when she was put to sleep by mental suggestion while the operator was in the same room. This experiment continued to succeed very easily, but it was not certain whether the attitude of the magnetizer did not play a greater role in the production of sleep than his thought.

After about ten sessions, during which I had myself put Madame B. to sleep six times, I attempted to command her to sleep without being near her, but while remaining in a neighboring room. The experiment was successful; after thinking for five minutes about putting her to sleep, I entered her room and found her completely asleep, her head and body leaning strongly toward the side where I had previously been. However, the experiment is not conclusive, as Madame B. was evidently aware of my intention.

On February 22, after 14 somnambulistic sessions and after having myself put her to sleep 8 times, I attempted for the first time to command her to sleep from afar³. I was at home, at a distance of four or five hundred meters from the pavilion where Madame B. was located, when I tried to concentrate my thought on the command to sleep, as I had often done in her presence. Perhaps I did not devote to it either the necessary conviction or time, for I thought of it scarcely more than five minutes. Moreover, I did not go to her until an hour later, already convinced in advance of the likely failure of my attempt. To my great astonishment, the people in the house informed me that Madame B. had been quite unwell for the past hour: she had experienced dizziness and was forced to stop working; she had had to drink a glass of water and wash her face and hands in order to recover. Madame B. told me herself about her indisposition, which she could not explain; it is worth noting here that in the waking state, Madame B. does not suspect at all that she could be put to sleep from afar. This coincidence, at the very least singular, revealed two things:

(1) That I perhaps did have a certain influence over this woman, even from a distance, and that it was worth trying again more seriously;

² In these investigations, I was able to verify the existence of the mixed states of hypnotism already noted in the thesis of Dr. Magoir.

³ To study sleep induced at a distance, there is no experiment simpler than this: to command sleep from the place where one is, at some hour of the day.

(2) That, for some reason—either due to lack of habituation or thanks to the action of cold water—Madame B. could still resist this influence and did not fall asleep.

For two more days, I put her to sleep up close by touching her, without any further incidents. I asked her, during her waking state, to stop putting her hands in water like that; without explaining anything to her, I persuaded her—truthfully enough—that she was doing herself great harm by struggling in this way against a passing dizziness. I even gave her this prohibition during the somnambulistic state, thereby reinforcing my recommendations with the strength of suggestion, and on February 25, without notifying anyone, I repeated the same experiment. Under the same conditions, around five o'clock in the evening, I thought about putting her to sleep; I focused on it as strongly as possible and with almost no distraction for about eight minutes, then immediately went to her. She was lying on a couch and plunged into the deepest sleep; no jolt could awaken her. But if I squeezed her fingers or lightly touched the skin of her arm, the underlying muscles contracted strongly; if I opened her eyes to the light, she entered into true catalepsy with the characteristic immobility of postures; if I closed her eyes again, she returned to the previous state. She was thus truly in a state of hypnotic sleep, which had begun with the most peculiar coincidence—precisely a few minutes before my arrival. Moreover, she soon began to stir and to speak in lucid somnambulism: she expressed great joy at sensing me near her and knew very well that it was I who had put her to sleep at five o'clock.

Two new attempts, one on February 26 and the other on March 1, were not completely successful. Madame B. experienced only a slight indisposition and was distracted by people who spoke to her at the moment when she was about to fall asleep.

But on March 2, I repeated the same command from my home at three o'clock in the afternoon. I did not join her until an hour later, and I found her in a strange posture. She was seated and sewing a towel; her eyes were open, and her movements continued very regularly, but with extraordinary slowness—she was sewing barely three or four stitches per minute. I took her arm without saying anything and raised it into the air; it remained motionless: she was in true catalepsy, and this state had lasted, to the great astonishment of those present, for an hour. She had gradually stopped responding to questions and had remained motionless in this way. I lowered her eyelids, and immediately she fell backward; in this somnambulistic state with a lethargic form, she kept repeating: "Oh, I'm sleepy... you're hurting me by waking me... I'm sleepy, I'm going to fall... you're hurting me by speaking to me... Mr. Janet doesn't want [that]... when is he going to come?..." In a moment of lucidity, she recognized me, seized my hand with a cry of satisfaction, and then peacefully fell back asleep without dreaming.

The next day, March 3, Madame B. was not put to sleep and was in very good health.

On the 4th, a rather curious incident must be noted. I wanted to put Madame B. to sleep from my home by the usual mental command, and I had been thinking about it for three or four minutes when several people entered my home and interrupted my strange occupation. It became impossible for me to resume it, and

when an hour later I was able to go to the pavilion where Madame B. was, I believed the experiment had completely failed. Madame B. was sitting in a chair, apparently asleep for more than three-quarters of an hour; following my instructions, no one had disturbed her. I attempted to take her hand to provoke the characteristic contractures, but she immediately started, opened her eyes, and stood up, saying that she was not asleep at all. However, her gaze was wild, her gait unsteady, and I even had to support her to lead her into another room. Moreover, she soon fell completely asleep upon touching my hand. Is there not something curious in this dizziness, this half-sleep occurring exactly on the day and at the hour when I had thought about putting her to sleep, though without devoting sufficient time to it?

On March 5, moreover, under the same conditions and this time around five o'clock in the evening, I thought about putting her to sleep for 10 minutes, and I found her shortly afterward in the same state of catalepsy already described.

On March 6, it was Mr. Gibert who attempted to put her to sleep in the same way from his home and at a completely different time—at eight o'clock in the evening. He succeeded perfectly, even though he had not put the subject to sleep for eight days. Let us note that on that day a third person had synchronized their watch with Mr. Gibert's and was observing Madame B. very closely. She was seen to fall asleep exactly at eight o'clock and three minutes. Such precision makes it very difficult to suppose a mere fortuitous coincidence.

In the following days, we did not attempt any sleep at a distance, and on March 9, when I tried again, I failed.

On March 10, it was Mr. Gibert who put the subject to sleep from his home; he even carried out that day one of the most interesting experiments. But, as I was not able to attend and it was repeated later, I will postpone its description. No attempt was made on the 11th or 12th. On the 13th, I put her to sleep from my home at four o'clock, and at a quarter past four I found her in a state of catalepsy. That day again, she was sewing, with the same automatic movement, a piece of work that appeared complex and which she was executing fairly well, though very slowly. Without saying anything, without touching her—therefore without alerting her to my presence—I simply gave her, by thought, the command that she should sleep again, and more deeply. She let out a sigh, the movements of her hands stopped, and she remained motionless in her last position. I insisted further, and she fell backward into complete muscular flaccidity. A tap on the tendons of the wrist now produced the specific contractures of lethargy. This is an example of that deepening of sleep by mental command which we described in greater detail in the article sent to the *Revue Scientifique* on the intermediate phases of hypnotism⁴.

On March 14, at three o'clock, I again put her to sleep in the same manner and found her in a state of lethargic somnambulism without any movement.

⁴ Janet, Pierre. "Les phases intermédiaires de l'hypnotisme," *Revue Scientifique* (*Revue Rose*), 3e serie, ii (= Vol. 23) (May 8, 1886), pp. 577-587.

Finally, on Tuesday, March 16, Mr. Gibert put her to sleep from his home at eight o'clock in the evening under particularly interesting conditions, which we will have to return to in connection with other phenomena.

Such is the account of the experiments that were conducted on sleep at a distance during this second series of investigations. Madame B. had left us on March 18. But several people—among others, my uncle Mr. Paul Janet, Dr. Charles Richet, Mr. Myers of Cambridge, Dr. Ochorowicz, and Mr. Marillier—expressed the desire to witness some of these experiments. We therefore had her return to Le Havre on April 13. Mr. Marillier will no doubt report to the Society the account of the experiments that were conducted in the presence of these gentlemen; I would simply like to indicate under what conditions they were carried out, and what preceded and followed them.

I was quite worried about the success of these experiments because, in my opinion, they were being conducted under poor conditions. I had previously succeeded in inducing sleep at a distance only after a fairly long period of training with the subject: at least 14 or 15 sessions, spaced appropriately—that is, roughly one per day. Now, these gentlemen were due to arrive in Le Havre only two or three days after the arrival of the somnambulist, who, after a month's absence, had surely lost a large part of her hypnotic conditioning. To remedy this inconvenience, I put the subject to sleep several times per day. In this way, I managed to achieve my goal—namely, to produce greater sensitivity—but at the same time, I produced an unfortunate result. Madame B. was extremely fatigued; she frequently had headaches that completely disrupted the normal phenomena. Finally, after a few days, she came to be in a state of near-constant drowsiness. On one occasion, she spontaneously fell into catalepsy without any suggestion at all, two hours after having been awakened. In my opinion, on that day—after two very long hypnotic sessions—she had not been properly awakened.

On April 14, being alone with her, I put her to sleep without touching her, but while remaining in the same room with her. On Sunday the 18th, I was again alone; I attempted for the first time in this series to put her to sleep from my home: I succeeded perfectly; she fell asleep ten minutes after the moment I had begun to think about it. On Monday the 19th, my uncle, Mr. Paul Janet, had just arrived in Le Havre; I wanted first to show him the somnambulist before attempting an experiment; he preferred, since no one could be forewarned, to ask Mr. Gibert to put her to sleep immediately from his home. Taken thus by surprise, Mr. Gibert attempted this command at four o'clock: we found Madame B. completely asleep at a quarter past four. On Tuesday the 20th, Mr. Gibert again put her to sleep from a distance at eight o'clock in the evening in front of Mr. Paul Janet, and made her come to his home by mental suggestion, as I will describe shortly. Unfortunately, on the following two days, the 21st and 22nd, for various reasons—including the subject's fatigue and her headaches—two attempts at sleep at a distance carried out by Mr. Gibert succeeded only incompletely: the subject fell asleep only half an hour later, after a long resistance. But on the same day, April 22, Mr. Gibert put her to sleep with much greater precision in the evening; and on the following Friday and Saturday, at two different times chosen

by Messrs. Myers, Ochorowicz, and Marillier, I put the subject to sleep from a distance with complete success and great precision.

These gentlemen left us on Easter Sunday, and it was very necessary to allow the subject to rest. I did not resume these investigations until May 4, when I put the subject to sleep up close; but on the two following days, the 5th and 6th, I again obtained sleep at a distance on two occasions. The account of these experiments would be of no interest, as it would be identical to the previous ones.

One question that will no doubt be raised upon reading the account of these experiments is the following: Does it ever happen that Madame B. falls asleep spontaneously outside the hours when sleep is commanded from a distance? If this happens frequently, the coincidences will become less remarkable.

It is easy to answer. I am not speaking of natural sleep, which occurred once after a tiring walk; but during the entire duration of her stay in Le Havre, I found her twice in a state of hypnotism that had not been caused by our command. One day, around eleven o'clock in the morning, she came across a photo album; after amusing herself by flipping through it, she stopped in front of the photograph of Mr. Gibert and then ceased to move. No one could bring her out of this state, which was one of complete catalepsy. I was not informed of the incident until three hours later and, being unable to go to her, I simply advised that they close her eyes. At four-thirty, I found her still in somnambulism. She was very happy to see me but at first did not want to be awakened by me; she fell backward each time I began to wake her and called out for Mr. Gibert. Through a few suggestions, I persuaded her that it was I who had put her to sleep that morning, and I was able to wake her—with some difficulty. Waking her, moreover, has always been difficult.

On another day, as I have already mentioned, she spontaneously fell asleep again two hours after having been awakened, but this occurred during a period when I was putting her to sleep several times each day, and she had simply been poorly awakened. Moreover, during those two hours in between, she had been unable to speak or eat: she had therefore unfortunately remained in a state of half-sleep. These are certainly two cases in which she spontaneously fell into hypnotism, but does the sleep not have, in each instance, a clear and precise—though curious—explanation in the first case? And can these two instances truly be compared with the other occurrences of hypnotism arising without any apparent cause, precisely at the moment when we were commanding her from a distance to sleep?

Let us summarize the experiments on sleep at a distance that I have reported today. I am not speaking of the experiments carried out while remaining in the same room or in a neighboring room—which always succeeded—but I am taking into account all the others that were attempted from afar, except for one, however, which was tried at night during the subject's natural sleep. It had no result, but it was not carried out under normal conditions. I count as failures all incomplete experiments in which sleep took too long to occur. Here is the final tally: There were, in total, twenty-two experiments carried out either by Mr. Gibert or by myself, of which six must be counted as failures—three at the very beginning, when the somnambulistic habit was not yet strong enough; one later on, after a

break of several days between sessions; and two when the fatigued subject resisted for more than half an hour before falling asleep. On the other hand, there were sixteen precise and complete successes. Should we believe that there were sixteen cases of purely fortuitous, albeit exact, coincidence? That hypothesis may be somewhat improbable. Was there each time an involuntary suggestion on our part? I can only answer one thing: that we very sincerely took every possible precaution to avoid it. Let us conclude only this, then: that such facts deserve to be repeated and studied, and from this point of view, the following experiments still held their interest.

In my first note to the Society of Physiological Psychology, I mentioned another fact that is clearly related to the previous one: namely, the suggestion of actions made through thought. I have not had the time to devote myself to this as seriously as to sleep induced at a distance, and I have not myself obtained any very clear result. If I bring my forehead near hers during lethargic somnambulism, Madame B. seems to feel a painful sensation and pulls her head away as much as possible. If I then give her a command by thought, she takes my hand and squeezes it, as if to indicate that she has understood. The next day, at the exact time I had been thinking of the day before, she is seized by great distress—headaches, trembling, and cold sweats. She says she knows she has something to do, but she does not know what, and does not carry out the suggestion. All in all, she understands from my command only the time, not the act to be executed. Given the distress caused by the suggestion, one can understand why I did not often repeat this experiment. Only once did I obtain a rather curious result. I had suggested to her by thought that she should take a lamp at eleven o'clock in the morning and bring it to the parlor. At eleven o'clock, she took some matches and struck them one after another, all while in a state of great agitation. I put her to sleep to calm her, and her first words were: "Why do you want me to light a lamp this morning? It's broad daylight." That was an almost complete success, which was not repeated in the small number of experiments I conducted in this vein.

But Mr. Gibert attempted these mental suggestions three times, and with greater success. On April 19, he suggested to her by thought that she should come out to meet us at three o'clock the next day. At the appointed time, she was standing near the door and walked toward me, but fled at the sight of other people. The suggestion was far more curious on April 22 in the presence of Messrs. Myers, Ochorowicz, and Marillier. These gentlemen chose the suggestion themselves and witnessed its full execution the next day. Mr. Marillier will recount it; I will make only one observation. The subject, that day, fell asleep after carrying out the suggestion—because she was holding in her hand a photo album that reminded her of Mr. Gibert's portrait and made her think of sleeping. A few days later, after these gentlemen had left, Mr. Gibert once again gave a mental suggestion to Madame B. to water the garden. The next day, at twenty past two, she took a bucket, filled it with water, and watered the lower part of the garden. After the act, she withdrew and did not fall asleep; the disturbance gradually faded away.

We discovered another effect of thought on Madame B. during her sleep—one with a much more certain result. The hypnotic sleep of this subject is now quite

complex: it consists of a great number of phases which are probably only degrees of sleep. A very slight influence—a faint breath—is enough to cause the subject to pass from one phase to another. Mr. Gibert was convinced from the beginning that a mental command could produce the same result, and he even succeeded in making the subject pass through several phases by this means: for example, he easily awakened her from lethargic phases and brought her into lucid somnambulism. It was only rather late—around March 12—that I myself succeeded in producing the complete cycle of states in this way. Without touching Madame B. in the slightest, and while standing two meters away from her, I thought that she should wake up, and she passed through all the successive phases, letting out a characteristic sigh at each transition. However, several remarks must be made on this point. First, the phenomenon has become less and less distinct, because the phases—which at first lasted a fairly long time—now have become very brief and change spontaneously. Second, the progression commanded by thought almost always proceeds in the same direction: from lethargy to catalepsy before arriving at somnambulism; only rarely has it been possible, by mental command, to make her pass through the phases in the reverse order. Finally, it is almost impossible to fully awaken Madame B. by this method; most often, she begins the series of phases again indefinitely. However, once, Mr. Gibert did succeed in waking her completely in this way: it is a very interesting fact, as it is the reverse of the mental command of sleep—but it is difficult to reproduce.

Toward the end of these sessions, I achieved yet another effect through mental command. I was able, by simply standing near her and thinking of it, to make her stand up completely and walk across the room. But Mr. Gibert succeeded in a far more striking experiment in this regard, one I have already alluded to and which is far more conclusive. On March 16, it was agreed between us that Mr. Gibert would put Madame B. to sleep by thought, from his own home, and that he would attempt—while remaining at home the entire time—to compel her to get up and come join us. My brother, Jules Janet, an intern at the Paris hospitals, happened to be in Le Havre at that time and was supposed to accompany me to Mr. Gibert's house before eight o'clock in the evening, the time at which we intended to begin the experiment. An unexpected delay prevented us from arriving at Mr. Gibert's house early enough, and the experiment could not begin until nine o'clock. I mention this seemingly trivial detail because, had Madame B. been warned of our intention by some extraordinary means, she would have fallen asleep and begun walking at eight o'clock, not nine. Now here is what happened: Not wanting to let this woman walk through the streets while asleep without precautions, I left Mr. Gibert and went toward the pavilion where Madame B. was. I did not go inside, for fear of causing a suggestion by my presence, but instead remained at a distance on the street. At a few minutes past nine, Madame B. suddenly left the house; she had not put on any outerwear and was walking with hurried steps. I went to her side and saw that her eyes were completely closed and that she showed all the signs I knew well of her somnambulistic state: she avoided all obstacles with a skill that reassured me, but she took a long time to recognize me. At first, she pushed me away and said she did not want to be accompanied; after

about two hundred meters, she realized who I was and seemed pleased by my presence. Nevertheless, I was repeatedly troubled by moments of hesitation in her gait; she would stop and sway back and forth as if about to fall. I greatly feared she might suddenly enter a state of lethargy or catalepsy, which would have made the journey difficult. But that did not happen; she steadied herself and arrived without incident. As soon as she arrived, she collapsed into a chair in the deepest lethargy. This lethargy was interrupted only briefly by a period of somnambulism, during which she murmured: "I came... I saw Mr. Janet... I thought I shouldn't take the Rue d'Étretat, there are too many people..." (she had chosen another street by herself). "A man jumped in front of me... he said I was blind—what a fool..." And she remained asleep for a long time. Later she returned to the somnambulistic state and recounted that she had felt great fatigue and hesitation along the way, because, she believed, Mr. Gibert had not thought continuously enough about making her come. She had fallen asleep, as I was later told, a few minutes before nine o'clock—that is, at the very moment when Mr. Gibert had thought of her—but she had only begun walking five or six minutes afterward.

This experiment was repeated with the same success once in the presence of Mr. Paul Janet on April 20, and another time in the presence of Messrs. Myers, Marillier, and Ochorowicz on the 22nd. Let us note that Madame B. never falls asleep in this way in the evening, nor does she go out walking in somnambulism.

To be thorough, I must add certain related facts of the same kind that pertain to hallucinations. It is easy to give hallucinations to Madame B., either by commanding them directly during somnambulism with open eyes or during cataleptic somnambulism—for example, saying to her, "Here is a red flower," and she sees it—or by giving the command for the hallucination during the lethargic periods of somnambulism, in which case the suggestion is realized later, when the subject enters the properly called somnambulistic phase. But, curiously, in both cases, the hallucination exists only when the person who suggested it is touching the subject's hand. I told her to see a beautiful bouquet or multicolored birds; as long as I hold her hand, she is delighted by the beautiful spectacle—she even smells the bouquet and pets the birds. But as soon as I withdraw my hand, she begins to moan, for everything has disappeared. If I touch her again, even slightly—on the hand or on the face—she laughs, for everything reappears. It should be noted that this phenomenon is not the result of a suggestion; it has always occurred, and I was quite astonished to observe it. If someone else touches her hand, the hallucination I suggested does not occur; but what is more extraordinary is this: if I myself touch that second person—even without the somnambulist knowing—the hallucination reappears immediately, as if some kind of influence exercised by me had passed through the body of the person I was touching. If one forms a sort of chain with several intermediary people, the phenomenon becomes less consistent. I am content to point out this fact, which perhaps should be compared to the very curious phenomena of electivity that have already been observed.

There is also in Madame B. a kind of hallucination that may be said to be produced by mental suggestion. She appears to experience the same sensations that I myself feel, or that are felt by one of the persons present with whom she

seems particularly connected. I have already mentioned that she believes she is drinking and eating when I do so during her sleep; we noticed this time that the phenomenon still occurs even if I am in another room. One can observe the movements of swallowing in her throat; perhaps I ought to try recording these movements to see whether they truly parallel those occurring in myself. If, even in another room, I pinch my arm or leg strongly, she cries out and indignantly complains that she is also being pinched in the arm or the calf. Finally, my brother, who was present for these experiments and who had a strange influence over her—since she confused him with me—attempted something even more curious. While staying in another room, he burned his arm badly while Madame B. was in that phase of lethargic somnambulism in which she feels mental suggestions. Madame B. cried out terribly, and I had difficulty restraining her. She held her right arm just above the wrist and complained of suffering greatly in that spot. Now, I myself did not know exactly where my brother had intended to burn himself. And yet it was indeed in that very place. When Madame B. was awakened, I saw with astonishment that she was still holding her right wrist and complaining of great pain there, without knowing why. The next day, she was still treating her arm with cold compresses, and that evening I observed a very visible swelling and redness at the exact spot where my brother had burned himself—but it should be noted that she had touched and scratched her arm during the day. The experiment is not a pleasant one to repeat, but it is very likely that, with greater precautions, one could in this way provoke a real burn through mental suggestion or through communication of sensation. That would be a strange means of verifying the action of thought. This phenomenon of the communication of sensations occurs only after a long series of sessions and at the end of a session that itself has lasted several hours; thus, I have not observed it again with the same clarity.

Such are the new experiments I wished to report to the Society of Physiological Psychology. The facts I have related first were verified frequently and with great precision. The latter are rarer, more difficult to reproduce at will, and I have only mentioned them as curious phenomena that may be connected to the former. But neither the one set nor the other pertains to what is commonly—rightly or wrongly—called the *lucidity* of somnambulists. There would no doubt be an interesting psychological study to undertake on the peculiar mental state that one is accustomed to designate by that name; but I have not undertaken it. I simply hope that the observers who were kind enough to confirm my first report on mental suggestion will also be willing to report the results of their further investigations. We still need to gather more precise and more numerous facts on this delicate subject, which is of equal interest to physiology and psychology.

Le Havre, May 25, 1886.

Pierre Janet